



SEX SALE SOARS

A BRAZILIAN WOMAN AUCTIONING OFF HER VIRGINITY HAS RAISED \$160K SO FAR. HER MALE COUNTERPART'S EFFORTS? NOT NEARLY AS FRUITFUL PAGE 6

WINNIPEG

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Monday, October 1, 2012



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Second sibling killed

23rd homicide. Sister of victim also died in 2009 after being found in a stream outside of Winnipeg

ELISHA DACEY
and SHANE GIBSON
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A family is reeling after a man died Saturday from a gunshot, reportedly in the head.

Police confirmed Jordan Dennis Houle, 24, died after being shot on Maryland Street near Sargent Avenue just after midnight.

A second man was found

a block away, also suffering from a gunshot wound, reportedly in the stomach.

A witness said she helped keep the man awake until an ambulance arrived.

The man, 19, is in stable condition.

Houle's sister, Cherisse Houle, died in 2009 after being discovered in a stream just outside Winnipeg in the RM of Rosser.

Cherisse went missing in May of 2009.

Her death was ruled inconclusive, but postings on a Facebook page in her memory suggest the family believes her death was a homicide.

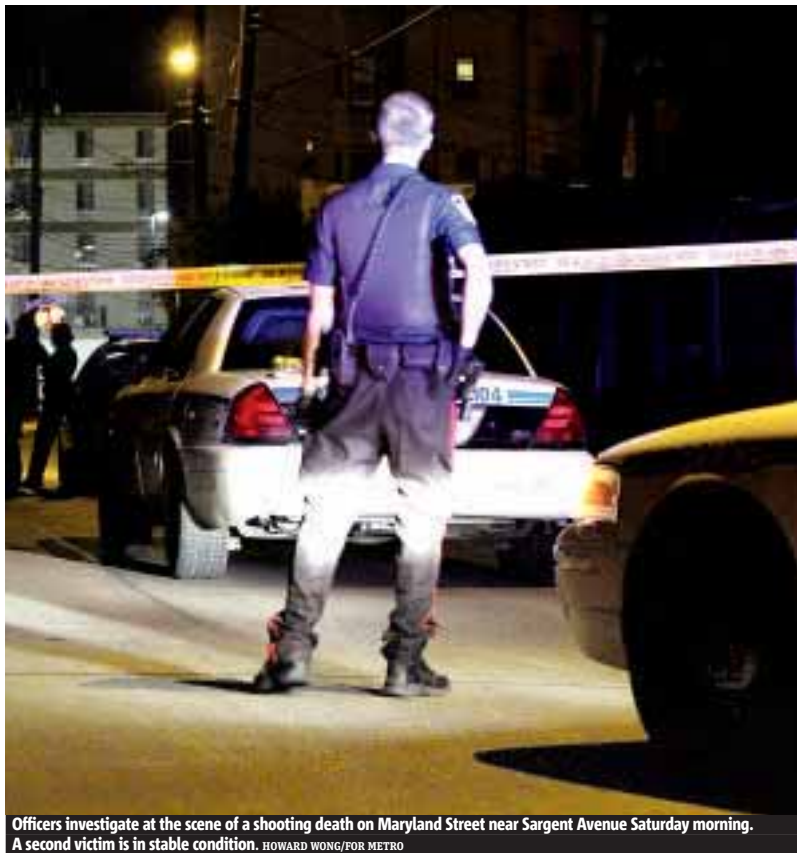
Jordan's death is the city's 23rd homicide of 2012.

Police have yet to make any arrests and are asking anyone with information to call investigators at 986-6508.

Police say the latest shooting is not related to Thursday's homicide, involving Jeffery Lau, 23, and another man, 22, who were shot at a Salisbury House Restaurant.

Lau died in hospital, while the other man is in stable condition.

That shooting allegedly involves gang ties and the city's drug trade, although police have not confirmed those facts.



Officers investigate at the scene of a shooting death on Maryland Street near Sargent Avenue Saturday morning. A second victim is in stable condition. HOWARD WONG/FOR METRO



Jordan Dennis Houle, 24. FACEBOOK

Police look to public for help

Winnipeggers asked to help crack the cold cases of four men who have gone missing over the past five years PAGE 3

CN Rail's next stop: Winnipeg

New multi-million dollar facility, expected to open in 2014, will host 250-300 employees a week PAGE 4

Fall calls for warm, simple casseroles

Keep back-to-school season easy with one-pot meals PAGE 16



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Reviving the search

Police ask the public for help in cold cases of four missing men

BERNICE PONTANILLA
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Winnipeg police are asking the public for help cracking four cases of men who have gone missing in the last five years.

Police are re-releasing this information to generate new tips or information that could lead to a solving of the cases, police said on Friday.

Police do not believe any of the cases are related.

Anyone with information is asked to contact the Winnipeg Police Missing Persons Unit at 204-986-6250.



Phillip Morin

Phillip Morin, 30, was last seen by his family in May of 2008 and has not been heard from since. Morin is described as aboriginal, five-foot-seven, 140 pounds with long, black hair, brown eyes and a slim build.

Brent Staple

Brent Alexander Staple, 33, was last seen exiting the front door of an apartment block in the 100 block of University Crescent on June 28, 2009, at 6:26 p.m. He is white, five-foot-10, 170 pounds, with short brown hair and hazel eyes. He was carrying a Labatt's Blue duffel bag and a second bag over his shoulder, possibly a cooler.



Kerry Klyne

Kerry Klyne, 27, also known as Darren Klyne, was last heard from on Nov. 26, 2010, and was believed to be in Winnipeg. Klyne is described as aboriginal, six-feet tall, about 230 pounds, with short, black hair and brown eyes. He has a small scar on the left side of his mouth and is known to have frequented Osborne Street.

Ryan Slobodgian

The most recent man to have gone missing is Ryan Richard Slobodgian, 37, in December of 2011 when he was last seen in downtown Winnipeg. Slobodgian is described as Caucasian, five-foot-11, about 175 pounds with short, brown hair and blue eyes. Police said investigators are concerned for his well-being.



Culture Days dance downtown

Dancers with the Royal Winnipeg Ballet's recreational division perform at the Manitoba Hydro building Sunday afternoon as part of RWB's Dance Downtown event for Culture Days. SHANE GIBSON/METRO

Important resource for city's homeless closes

The doors at Red Road Lodge's resource centre closed for the last time this weekend.

Located in the former New Occidental Hotel at 631 Main St., the centre that offered programming and services for Winnipeg's homeless, announced in August they'd have to close after being turned down for funding it's relied on for years.

"Now it's closed to the community, and it just becomes part of our main floor space that our residents have access to," said general manager Beverly Roberts.

"There's no programming, instruction or work-

shops anymore."

The centre's programming and staff was paid for through \$112,000 a year from the federal government's Homelessness Partnering Strategy (HRS), but the City of Winnipeg, which administers the money, told Roberts a Community Advisory Board (CAB) had recommended denying its latest funding request.

Although she's since contacted CAB members and the city about the decision, Roberts said Sunday she hasn't heard back from anyone.

The centre is now looking for funding from other sources.

SHANE GIBSON/METRO

Mobile news



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MP Lawrence Toet (Elmwood-Transcona), left, Mayor Sam Katz, CN's vice-president of human resources and labour relations Kim Madigan, Premier Greg Selinger, and CN vice-president John Orr are seen at the groundbreaking ceremony for CN's new training facility in Transcona. BERNICE PONTANILLA/METRO

CN Rail chooses Winnipeg for new facility

Transcona. CN will train conductors, locomotive mechanics, traffic supervisors, and signal maintainers



BERNICE PONTANILLA
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Future generations of railroaders will be educated at a new training centre to be built in Transcona, CN Rail officials announced on Friday.

"Coming to Winnipeg just made sense to us," said John Orr, CN's vice-president, chief safety and sustainability officer, moments after a sod-

turning ceremony next to CN's heavy repair shops.

"We have a long history of railway in Winnipeg and Winnipeg is very central in Canada. It's accessible, you have a wonderful airport, great highways, it's bilingual and it serves as a great gathering point for all our employees."

The new multi-million-dollar, 100,000-square-foot facility is expected to open in 2014. It will host 250-300 employees a week and offer training courses to conductors, locomotive mechanics, traffic supervisors and signal maintainers.

The Winnipeg centre is one of only two being built by CN; the other will be located

in Homewood, Ill., near Chicago. The U.S. facility will be 75,000 square feet and host 100 to 150 students per week.

Terry McKimm, Prairie region vice-president for CAW Local 100, said that after witnessing years of job losses, Friday's announcement is a "great day for CN."

"CN has actually hired a great deal of people over the last four or five years," added McKimm, who grew up in Transcona and has worked for CN for 32 years.

"Through attrition, we've lost a lot of our membership, but we're building that back up now and we do have a lot of young faces on the property and it's exciting to see all of the young people."

CEO Sleepout more than urban camping for business leaders

"Have fun. I just hope everyone doing it knows it's not going to accomplish anything."

With that bit of cynical well-wishing I turned my attention back to speaker Richard Walls, who is responsible for transforming the New Occidental hotel from a hotbed of drunken fist fights to a haven for homeless people trying to stay sober and needing support.

This was my first time participating in the CEO Sleepout. Let me reiterate that by participating, I still have absolutely no idea what it is like to be homeless.

After all, there was light. Security. Coffee. Pizza. I brought a sleeping bag (though stupidly, I did not bring a pillow). There was candy and chocolate and laughter. No one was trying to steal my stuff. No one wanted to hurt me. And if I got cold, I could get up, go to my car a few blocks away and go home.

Fifty-four business, media

and community leaders bundled up and slept outside at 201 Portage near Main Street to raise money for programs that are actually doing something to help homeless people. Such programs put people back to work, help those struggling with mental illness, and give people a safe, clean place to live so they can put their lives back together.

Without these programs, hundreds would be back out on the street, using up valuable (and expensive) police and health resources. They'd be huddled under a bridge or on a patch of grass like I was, trying to sleep.

I didn't get much sleep, only about two hours. The ground was uncomfortable. I was cold.

And for a while, all I could think about was what it might feel like if I were really sleeping out in the street without all the comforts around me.

ELISHA DACEY/METRO



More than 50 people slept in the street to raise cash for homeless issues. TYLER PEACOCK/METRO

Funds raised

More than \$111,000 was raised during the CEO Sleepout. To donate, visit change4thebetter.org.



New day, new garbage

Today is the day the entire city is officially switched over to the new system of garbage collection. All homes should now have a new automatic waste bin and an automatic recycling bin, and all areas have a specific day. To find out more information, visit winnipeg.ca. TYLER PEACOCK/METRO

Hit-and-run

Man in critical condition

A man is in critical condition after he was hit by a vehicle in an apparent hit and run.

Winnipeg police closed off Lagimodiere Boulevard near the south Perimeter

Highway until 1 p.m. as they investigated the collision, which happened just before 4 a.m. Sunday.

The man was walking in the area when he was struck. The vehicle fled the area.

Police are asking anyone with information to call 204-986-6271.

METRO



Officers at the scene of a hit and run on Lagimodiere Boulevard Sunday morning. SHANE GIBSON/METRO

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It was a busy weekend in Winnipeg, with numerous charity and cultural events happening throughout the city.

PHOTOS BY: HOWARD WONG, TYLER PEACOCK AND SHANE GIBSON
winnipeg@metronews.ca



1 On fire

A team from the City of Winnipeg pulls a fire truck — weighing about 42,000 pounds — as part of a charity event for the United Way.

2 Night blaze

A man tries his hand at black-smithing in the middle of the night at Old Market Square as part of Nuit Blanche — No Sleep, Only Art — on Saturday.



Winnipeggers get out and about over the weekend



3 Rock, paper, scissors, win!

Participants in the first-ever Handemonium event face off at Shaw Park on Saturday to raise money for Colon Cancer Canada.

4 Bras fly freely

Donated bras hang on a wire in Downtown Winnipeg as part of Bras for a Cause, an event to raise money for breast-cancer research.



5 Swing time

Dancers get into the swing of things in this Mad Men-inspired dancing event at the Manitoba Museum as part of Culture Days and Nuit Blanche on Saturday.

6 Run for life

Participants in the CIBC Run for the Cure are seen in downtown Winnipeg. The event attracted thousands of runners, walkers, joggers and others.



Catarina Migliorini's attempt to auction off her virginity to the highest bidder is being documented by an Australian film company. YOUTUBE.COM

Bids reach \$160K as woman auctions off her virginity

Airplane encounter. Proceeds will go toward poor families in Brazil

TAKARA SMALL
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A woman from Brazil is hoping to take the idea of the mile-high club to a whole new level. Catarina Migliorini, 20, is auctioning off her virginity to the highest bidder for a one-time sexual encounter on an airplane in order to circumvent prostitution laws.

The auction ends Oct. 15,

Online

Visit metronews.ca for a video about the auction.



and as of Friday bidding had reached \$160,000 US. Migliorini hopes to use proceeds to help poverty-stricken families in her hometown.

She and another virgin named Alex Stepanov are part of a documentary, called *Virgins Wanted*, produced by an Australian film company. Bidding for Stepanov reached \$1,300 US.

Comparisons between Trudeau, dad are tenuous, observers say

Justin Trudeau may seem to be following in dad's footsteps as he prepares to seek the Liberal leadership, but he's really heading down a vastly different path into unknown territory.

The country, its politics and the Liberal party itself have changed drastically since Pierre Trudeau mesmerized Canadians with the heady magic of Trudeumania in the spring of 1968.

That world is hardly recognizable today. The Canada of two generations ago was a country still revelling in the afterglow of the Centennial and Expo 67, wrestling with the tensions of the generation gap and ready to be led into a future of what seemed to be infinite possibilities.

People were pushing for a new kind of politics. They looked to replace the buttoned-down backroom boys and their traditional mix of pressure and patronage with more grassroots involvement. It was a "power to the people" age. TV news was beginning to flex its muscles in politics, and Trudeau seemed perfect for the cameras.

Amid expectations that Justin will announce his own bid for the Liberal leadership on Tuesday, observers note that he is operating in a completely dif-



Liberal MP Justin Trudeau enters party caucus meetings on Parliament Hill Wednesday. ADRIAN WYLD/THE CANADIAN PRESS

Quoted

"People want to make comparisons to the past, but things totally change."

Nelson Wiseman, political science professor, University of Toronto

ferent era than his father.

"You can't compare them at all," said Nelson Wiseman, a political science professor at the University of Toronto. "Things are constantly changing. People want to make comparisons

to the past, but things totally change. It was just a totally different time."

The younger Trudeau is 40, eight years younger than his father was when he ran for leader. He has been an MP for four years, but always on the opposition benches.

The son is a former high school teacher, with none of the public-intellectual clout of his father. He's a married father of two. His dad was the country's most eligible bachelor when he ran.

THE CANADIAN PRESS

Vancouver

Reporter will countersue former Olympics chief

The reporter who wrote a story about alleged abuse by former Vancouver Olympics chief John Furlong says she will countersue him for suggesting she didn't do the proper research.

Laura Robinson said Furlong intentionally misinformed the public about her professional ethics when he accused her of a shocking lack of diligence and having a vendetta against him.

After the story was published last week in the Vancouver weekly the Georgia Straight, quoting former students who alleged Furlong physically and mentally abused them, he denied the abuse allegations and said in a statement that his character had been recklessly challenged and that he would be taking legal action.

But Robinson said she repeatedly contacted Furlong's lawyer, and also sent six to eight emails to Douglas and McIntyre, the publisher of Furlong's book, *Patriot Hearts*.

THE CANADIAN PRESS



Winnipeg Transit

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News worth sharing.

CRA uncovers millions in unpaid GST: Documents

Taking advantage. Credit-check project targeting 439 firms reveals weaknesses in Canadian tax code

The Canada Revenue Agency has uncovered millions of dollars worth of missing taxes by doing a simple credit check that the banks have been using for years.

The project found almost \$3 million of GST revenue that had been collected from customers by new businesses but was never handed over to Ottawa, or was fraudulently refunded to them.

The money turned up after 439 firms were targeted by running their tax-registration information through a commercial credit-screening service from Equifax Canada Ltd. Banks and other financial

IWS

Interactive Warning System is a financial-industry term for a system that identifies problems with names, addresses, social insurance numbers (or SINs), telephone numbers and dates of birth that suggest possible fraud. The system automatically flags high-risk credit applications.

institutions have for years vetted potential customers applying for mortgages, loans and credit cards through commercial credit-checking services.

But the Canada Revenue Agency had not been doing so with companies newly registering as collectors of GST/HST taxes — some of which simply kept the money.

The agency's pilot project was launched in 2010, as part

of a wider effort to flush out some of the estimated \$35 billion that remains untaxed in the underground economy.

The so-called Interactive Warning System project, or IWS, focused on missing GST/HST revenue, and was slated to run for two years. But the results were encouraging enough that it was ended in 2011 after just 12 months.

Internal documents outlining the project were obtained by The Canadian Press under the Access to Information Act.

"The project was considered a success," said agency spokesman Philippe Brideau. "The procedures and approaches tested provided us with risk indicators that are part of the regular procedures."

Brideau says the agency is "currently exploring follow-up use of IWS products for GST/HST compliance."

THE CANADIAN PRESS

Users could wait up to 60 days for BB10 keyboard

Hardcore BlackBerry lovers might have to wait up to two months after the release of the BlackBerry 10 touchscreen device to get their hands on one with a physical keyboard, a strategic play by Research In Motion that analysts say reflects what customers want.

RIM chief executive Thorsten Heins, who had already indicated a touchscreen model would launch first, said Friday that the keyboard version — known in the tech community as Qwerty — will come about "30 to 60" days later.

Heins said the company needs to gain market share in the touchscreen segment, especially to address a trend in

Quoted

"The hardcore BlackBerry lovers, they love this physical keyboard."

RIM CEO Thorsten Heins

which employers are allowing staff to use their preferred smartphone for work.

"People ... and enterprises love a full touch device, and, you know, we had to make a choice and finally we decided really to bring both versions to market very, very close to each other," he said in an interview with MSNBC.

"The BlackBerry lovers, the

hardcore BlackBerry lovers, they love this physical keyboard ... so, make no mistake, we are fully, fully committed to Qwerty."

The physical keyboard is popular often with BlackBerry business users, and the company — in its advertising — has positioned that as an advantage over Apple and Android phones that rely solely on touchscreens.

The new detail about the closely watched BB10 launch, slated for some time in the first quarter of next year, comes as RIM stock shot up 8.1 per cent following a much less disappointing than expected second-quarter earnings report.

THE CANADIAN PRESS

Meeting international standards. StatsCan to revise economic history

Statistics Canada is about to retell the country's economic history for the past 30 years in a new move that will also provide more insight into murky economic concepts.

Starting Monday morning, the federal data agency will issue a comprehensive revision to economic data of the past 30 years, introducing new meas-

ures and changing the definition of others.

The exercise — two years in the making, and designed to comply with revised international standards of economic measurements set out in 2008 — will put Canada in the forefront of nations, along with Australia, in adopting the new way of measuring economic

performance.

Others have pledged to follow: the United States in 2013 and Europe in 2014.

Some gross-domestic-product numbers will likely move marginally up, in part because research and development will be capitalized, and some services will be added to the export tally. THE CANADIAN PRESS



80,000 protest austerity

A demonstrator holds a placard that reads "Capitalism Kills" in Paris on Sunday as people protest austerity measures announced by the French government. Organizers of the march put turnout at more than 80,000. On Friday, the government presented a budget that includes high taxes on the wealthiest, but which critics say lacks fundamental reforms that could jump-start economic growth. MICHEL EULER/THE ASSOCIATED PRESS

New data. U.S. economy recovering slowly

Anyone puzzled by the most recent U.S. economic data has reason for feeling so: The numbers sketch a sometimes contradictory picture of the economy.

We've learned that consumers are more confident, but aren't spending much. Fewer people are losing jobs, but not many are being hired. Home and stock prices are up, but

workers' pay is trailing inflation. Auto sales have jumped, but manufacturing is faltering.

This is what an economy stuck in a slow-growth rut can look like. The U.S. economy grew at a scant 1.3 per cent annual rate in the April-June quarter.

Many Americans are reducing debt instead of spending

freely. Builders are borrowing less and constructing homes at a modest pace. Businesses are being cautious about hiring and expanding. In the long run, reduced debts and rising home and stock prices will help rebuild household wealth, boost consumer spending and spur job growth. But it's taking time.

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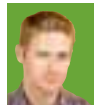
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DON'T TRASH NEW GARBAGE SYSTEM



URBAN COMPASS
Colin Fast
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Winnipeggers woke up to a new era in garbage and recycling collection this morning, and for some it's sure to be a rough adjustment.

In almost any municipality, garbage collection is one of the most basic public services. And even more than rutted roads or late buses, it seems to have an amazing ability to piss people off when things go wrong.

Maybe it's because we all secretly resent having to take the trash out in the first place. Or more likely because a mistake means we're either stuck dealing with full containers, cleaning up random bits of paper from our yards or searching the back lane for missing recycling bins.

Conversely, when collection is done right — the vast majority of the time — we rarely take notice. Which is how this kind of service is supposed to work.

Now, it's almost guaranteed there will be struggles in adapting to the new system. Some streets will be missed, carts will disappear or be damaged, and homeowners will get confused by the new collection schedule.

Some people will complain the carts are too big or too small or too difficult to roll, and others will complain because they can't understand why the switch is being made at all.

Out with the old

There's little question the new system will, eventually, be better than the old one.

For starters, it's not like this is all new. The city has already been using carts for collection in the northwest quadrant for a few years now, and started rolling out the new system a few months ago in neighbourhoods that used to have autobins.

In both cases there was confusion to start, then the collection company and area residents sorted out the problems, then people went back to blissfully forgetting about their waste collection service most of the time.

And in both cases, the number of households choosing to recycle increased dramatically. And that's the real rationale for the big switch.

Whether it's psychology or simple geometry (bigger cans hold more), the larger carts seem to encourage more recycling, and that's something we're terrible at right now. Currently, only about 15 per cent of Winnipeg's waste is diverted from the landfill, compared to around 60 per cent for cities like Vancouver, Edmonton, Toronto or Halifax.

In combination with other initiatives, the city hopes the new collection system will help increase that diversion rate to 50 per cent over the next several years. Additionally, it should reduce the amount of loose garbage blowing around streets and back lanes, and generally make neighbourhoods look more orderly.

If we get all that in exchange for just a few weeks worth of confusion during the switchover, then I have a suggestion for where people can file their complaints about the new system.

Foam's up, dude!



CHRIS GARDEN/SOLENT

Karitane, New Zealand

Brave surfer taking in murky waves caught by photographer

These ferocious waves have certainly whipped up a frenzy of foam.

This surfer tested some murky-coloured waves while dodging logs and debris, after a floodwater deluge hit Karitane on the south island of New Zealand.

Photographer Chris Garden, 30, spotted the unusual sight as he drove along the coastline.

METRO



Causes of sea foam

Foam caused by dead algae

While sometimes resulting from pollutants, sea foam is often caused by dead algal blooms whipped up by high gales and eventually builds up along the shoreline.

The frothiness of the foam is caused by the continuous churning motion of the tide that traps cloistered bubbles of air in the decomposing organic material.

METRO

Photographer's view

"Once there, (the foam) all gradually disintegrated. This scene wasn't there very long and I was lucky to catch it."

Photographer Chris Garden, from Dunedin, New Zealand Garden added: "In 10 years photographing surfers, I have never seen anything like it before."

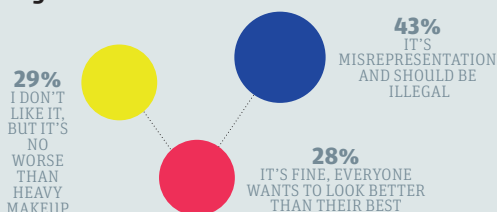
Online

For the latest news, visit metronews.ca



Register at metropolitanpanel.ca and take the quick poll

How do you feel about Photoshopping in magazines?



Small gesture has big impact on greenway

News Worth Sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

All summer long, there were unusual sightings along the Northeast Pioneers Greenway. A UFO? A ghostly encounter? Bigfoot? Nope: A cyclist pausing on her morning ride to pick up litter.

Marie Virtue, an East Kildonan resident, has taken it upon herself to clean up the path. She regularly bikes along the greenway, but the sight of the garbage cluttering the scenic area is a growing source of frustration for her. It was the small gesture of another good Samaritan that inspired her to take action.

"I saw a lady with her dog walking along and picking up the garbage. I went to thank her and she told me she had been doing it for about five

years. So, instead of complaining, I decided to do my part."

Virtue is out on the trail four mornings a week, tackling a different section each day. "I'm happy to be able to do something in a small and simple way for my community," she says.

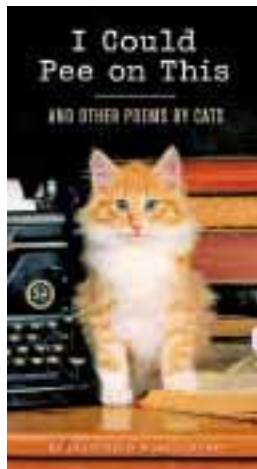
A symbol of civic responsibility, her action is winning the support of a growing group of friends and community members. Their hope is that others who spot them will be inspired to join in, or

at least think twice about littering.

CRAIG AND MARC KIELBURGER

Craig and Marc Kielburger are founders of international charity and educational partner, Free The Children. Its youth empowerment event, We Day, is in eight cities across Canada this year, inspiring more than 100,000 attendees. E-mail us for more information and to get involved. Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we'll share them right here.

Poems written by your cat



Literature. In his best-selling book, *I Could Pee on This: And Other Poems by Cats*, Francesco Marciuliano decodes a kitten's mind

ROMINA
MCGUINNESS
scene@metronews.ca

What made you want to decipher cat's thoughts?
Humans tend to project their thoughts and feelings onto their pets but the exchange is pretty much one-sided. Cats live in their heads so it seemed natural to figure out what was going on. When they're not napping 18 hours straight, cats have all this time of reflection — and I've always wondered, what are they thinking of all this time?

But why not fish or dogs?
I grew up with cats, a dog, a canary, a turtle. I sound like Dr Dolittle. But from the moment I was born, I was basically greeted by a cat which makes it sound like the cat actually got into the hospital. And then after college, my girlfriend and I got two cats: Boris and Natasha. In every one of my relationships the cats were always the constant, I always got to keep them. And in every subsequent relationship, I brought in the cats.

What makes a cat's thoughts more intriguing than say, a dog's?

Dogs have a very rich exterior life and cats have a very rich interior life. Dogs are always trying to tell you something like 'I love you' or, 'oh god I need to pee right now.'

But cats are very reflective and need their own space. They're like, 'we're good if I'm over here and you're over there. We don't need to do this 24/7.'

You spend a lot of time



Call this guy William Shakespaw / THINKSTOCK

I Could Pee on This

Her new sweater
doesn't smell of me
I could pee on that
She's gone out for
the day and
left her laptop on
the counter
I could pee on that
Her new boyfriend
just pushed

my head away
I could pee on him
She's ignoring me
ignoring her
I could pee
everywhere
She's making up for
it
by putting me on
her lap
I could pee on this
I could pee on this

going, 'what are they not telling me?' Which sounds insane, because then it sounds like you turn to the toaster you're like, 'what is the toaster not telling me?'

What valuable life lessons can humans learn from their pet cats?

People who don't like cats see them as arrogant creatures, when in reality

it's more about confidence. They're thinking: 'I'm not dismissing you but I don't need your constant attention. I can be by myself. When we're together and you want a hug, perfect. When you're not hugging me, I'm not desperately thinking oh god — do you not like me anymore?'

The lesson here is that you need to be ok with

I Lick Your Nose

*I lick your nose
I lick your nose
again
I drag my claws
down your eyelids
Oh, you're up?
Feed me*

yourself. When you're with people, fantastic, but there's nothing wrong with being by yourself.

Sounds like cats would be good at giving us relationship advice.

Yes. That's part of the nature of a cat, they're very reflective, poised and comfortable with whom they are. They're like, 'I don't always have to

Who Is That On Your Lap?

THERE'S ANOTHER CAT IN THE HOUSE

A CAT I'VE NEVER SEEN

A MUCH YOUNGER CAT

YOU SEEM TO KNOW HER NAME

YOU ACCIDENTALLY CALLED ME BY HER NAME

RIGHT IN FRONT OF THE LAMP

AND MY FRIEND THE THROW PILLOW

I'VE NEVER BEEN SO HUMILIATED

I MAY NEVER LOVE AGAIN

sit on your lap. That doesn't mean we're apart, or that there's a problem.'

Basically, quiet moments in a relationship don't mean everything has gone to hell.

Do you think cats would make good humans?

Yes I do. Unlike what people think, I don't think they would be emotionally distant.

2 SCENE

On the web



Qriket

Justin Bieber throws up on stage during concert in Glendale, Arizona



Ashton Kutcher. ALL PHOTOS GETTY IMAGES

Kutcher's new romance has been brewing for some time

Ashton Kutcher's new romance with Mila Kunis has apparently been a long time coming, according to *Us Weekly*.

"He's always had a thing for her," a source says. "It's a real infatuation."

The pair have reportedly been together for

five months but have kept things quiet until recently, as they've been spotted all over New York City offering up plenty of public displays of affection.

Kutcher is reportedly living with Kunis while she is in New York for film *The Angriest Man*.



METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Shots fired as violence erupts at BET Hip-Hop Awards

awards ceremony.

Funk Master Flex posted to Twitter that he witnessed "pushing and shoving" between the two.

Then the rappers and their entourages took the fight outside and shots were reportedly fired in the parking lot by a member of Rick Ross' entourage.

The gunman was apprehended by the Atlanta Police Department.

AllHipHop.com sources also reported that 50 Cent and rapper Gunplay were involved in an altercation as well.

Considering his history, 50 should know to stay away from gunplay at all costs.



THE WORD

Dorothy Robinson
scene@metronews.ca

Scuffles broke out at the BET Hip-Hop Awards on Saturday in Atlanta.

Rick Ross and Young Jeezy were reportedly involved in an altercation backstage at the annual

Twitter



@kelly_clarkson

So I recently started acupuncture and yoganext thing you know I'll be going to coffee shops and writing in a journal Whatever works



@ZacharyQuinto

if you don't want to listen to a liberal gay marriage supporting actor type... then don't.



@JonahHill

My feelings are more important than yours



@Joan_Rivers

There's a woman with a rare condition who must eat every 15 minutes to maintain her 60-pound frame. How sad...that she's not contagious.



Robert Pattinson and Kristen Stewart.

Friends skeptical about Twilight star's reconciliation

While Kristen Stewart and Robert Pattinson seem happy to be back together after her cheating scandal over the summer, their friends reportedly aren't so thrilled about the rekindled romance, according to *Hollyscoop*.

"Kristen and Rob's friends absolutely don't believe that this reconciliation is going to last. Rob believes that Kristen didn't sleep with (director) Rupert Sanders,) but the fact is she still cheated on him," a source says. "Rob's pals

think it was easier for him to get back together with her right now because of the upcoming publicity blitz they are going to embark on to promote *Breaking Dawn*."

As for the long-term prospects of the reunited couple? They aren't so optimistic.

"Kristen loves Rob, no question about it, but she just isn't as mature as he is," the source says. "Rob's buddies would be stunned if the couple goes the distance."



Anne Hathaway.

Hathaway marries long-time boyfriend

Anne Hathaway married actor and jewelry designer Adam Shulman, her boyfriend of more than four years, in a private ceremony in Big Sur, Calif., this weekend, according to

Celebuzz.

Hathaway wore a Valentino Garavani gown for the sunset ceremony.

Sources say there were about 180 guests in attendance.

Innovative

New use for eye makeup remover

When the kids come home from a party with their faces painted, reach for a soft facial pad or wipe and some eye makeup remover.

Gently rub off all the paint. It will only take a few wipes. **JULIE JANCEN, YUMMY-MUMMYMUMMYCLUB.CA**

Flushing

Sticky notes and toilet training

My little ones used to get spooked by the auto-flush toilets in public bathrooms.

The solution is simple. Keep sticky notes in your purse. Stick one over the sensor above the toilet so it doesn't detect you. **ANNABELLE DEGOUVEIA, YUMMYMUMMYCLUB.CA**

Chores

Family job jar

Stop begging your kids to help with chores.

Create a job jar instead. For large jobs, write down specific tasks like "pick up building toys and put into a bin" or "dust the brown furniture". Kids can choose a slip out of the jar. You can sit back. **YUMMYMUMMYCLUB.CA**

Wacky Hair Day

Easy colour job

My son's school had Wacky Hair Day but his hair is short and I was at a loss. A friend gave me a tip: Mix shampoo with finger paint! Dab shampoo onto a Q-tip, dip into the paint and paint the hair. **KIM FIORAVANTI, YUMMYMUMMYCLUB.CA**

Exclusively online

metronews.ca/voices

- **Hair today gone tomorrow.** Mommy misses the long, luscious locks she had when she was pregnant. Now it's Meet the Klumps in her shower drain. Follow the comedic (mis)adventures of mommyhood with Reasons Mommy Drinks online at metronews.ca/voices

Are you just keeping them safe or helicopter parenting?

Polar opposites.

Opinions are split whether you're being responsible or overbearing if you follow your child's bus

ALEXANDRIA DURRELL

yummymummyclub.ca

My daughter started Grade 1 at a new school this year. That means there are a few changes around here.

And by "a few," I mean pretty much everything we were used to has changed.

She's starting French Immersion. (Her French consists of mumbling a line she heard in Barbie and The Three Musketeers.)

Her old school was a two-minute walk from our front door and required no street-crossing. Now she takes a bus with a bunch of kids she doesn't know, most of whom are much older than she is.

And perhaps the biggest adjustment of all: She has to be on that big, old bus a full hour before she used to even wake up.

On her second day, she grumped to her Daddy,



Following your child's school bus could affect her confidence. ISTOCK

"I never get to sleep in!" Oh, kid, you have no idea.

All of this has been thrown onto a kid who is adverse to change. So I get what it's like to have a kid go through all this momentous change, I really do.

And I don't like change either. I'm nervous about how my little girl will fit into her new class. I fear the adjustment to the new language. I have irrational visions of bus accidents and bullying and a million

other things.

But here's the thing: I figure that it does me no good to project my fears onto my daughter, so when she confidently gets on that school bus, I smile and wave and rah-rah-rah her independence.

Then I shuffle home and cry a few tears on my own. I don't hop in the car and follow her to school, hide behind bushes or question the abilities of the driver and staff who are meant to get her where she's supposed to be, safely.

Another parent at my daughter's bus stop waved her child onto the bus, hopped in her car and followed them to the school.

I asked her why and she said something along the lines of just "wanting to make sure everything is OK."

Now, parents have been asked not to do this because it clogs up the traffic around the small residential neighbourhood the school is in.

The parents can't actually drive up anywhere near the school — they have to park a few streets away.

So after being told all this, it never crossed my mind that following the bus was "a thing".

I'm supposed to follow the bus to ensure it arrives?

Or watch my daughter get off the bus and be immediately ushered to the back play yard by a teacher? Why? What information am I supposed to garner here?

I asked on Twitter whether I was "supposed" to follow the bus. The answers were on polar ends of the spectrum.

I heard the parents saying that, yes, they follow the bus to school. "To watch (my) kid get off the bus" or "My child is nervous, this is a big change! Of course I follow the bus!" and I heard the others, like @MissJoyFG, say, "Whup, whup, whup! Hear that? It's the sound of a helicopter parent descending. Yikes."

Many expressed concern over parents following the bus, indicating that it could affect the child's confidence or independence.

Others felt it was just the way things should be done.

I was left somewhere in the middle, wondering if I was being irresponsible by not following along to "make sure" that bus driver knows what he's doing. On the other hand, I was feeling pretty proud about not hovering over my daughter.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD

A fever? Keep cool, calm

DR. KIM FOSTER

yummymummyclub.ca

Your child is burning up. What do you do?

Taking a temperature

Taking an accurate temperature is essential. Get yourself a good digital thermometer and learn how to use it.

Managing a fever

A helpful guideline to keep in mind is this: Treat the child, not the reading on the thermometer. Light cotton pajamas will allow excess body heat to escape.

Drinking plenty of cold liquids will help cool and prevent dehydration. If you've done your best and your little hot potato is still uncomfortable, go ahead and give medication. Your options include acetaminophen (Tylenol, Tempra) and ibuprofen (Advil, Motrin).

When a fever becomes complicated: febrile seizure

Witnessing your child having a febrile seizure can be terrifying. It's important to remember that the seizure itself is harmless. A febrile seizure won't cause brain damage or any other serious health consequences. If you suspect a seizure, act

quickly to prevent injury. Place your child on a flat surface away from dangerous objects. Turn him on his side to allow vomit or saliva to drain, but don't restrain him. Don't put anything in his mouth. Most febrile seizures last less than one minute. If the seizure lasts longer than three minutes, or if your baby is less than six months old, you should call 911. Otherwise, visit your doctor within a few hours to rule out factors that might have triggered the seizure.

See your doctor if:

The child with the fever is less than six months old; the fever is (over 39.4 C or 103 F) in a



Knowing how to use a thermometer is important. ISTOCK

child older than six months of age; the fever lasts longer than 72 hours; there are signs of dehydration such as dry mouth

and tearless crying.

With a logical and calm approach, you and your kiddo will get through the fever.

3 FREE

On the web



Qriket

Reasons Mommy Drinks #77: Her hair is falling out. Scan this code or visit metronews.ca/voices to find out why Mommy misses being pregnant slash living in a Timotei commercial.

The In-Credibility Factor

Name: Dave Hale
City: Ottawa
Age: 24
Occupation:
 Soshal Group Partner
 and CEO



THE IN-CREDIBILITY
 FACTOR
 Teresa Kruze
 life@metronews.ca

Deciding he was more passionate about marketing and sales than becoming a criminal lawyer, Hale founded Soshal Group, a digital marketing agency. In just two years Soshal Group has grown to 12 employees and is aiming for 20 by the end of the year.

I knew I was on my way when... I signed my first six figure client and I realized I wouldn't have to go to my parents any more and ask for money. Right now we're working with some pretty notable clients like the United Way, Ottawa Senators, the Canadian Hockey League and Algonquin College. Our first year compared to the second was monumental and our year over year growth is 500 per cent. Right now we're really



Dave Hale PROVIDED

focused on how we can take the people who have already invested in us and help them move higher.

Action Plan

- Be humble. I was egotistical and cocky when I got started at age 19. I realized early that business isn't about getting publicity. You have to run a business with a real purpose.

- Be open. We met some of our largest clients in the most obscure ways —

like at speaking events. We pitched one person and they introduced us to one of their friends. Any opportunity is worth exploring when you're a start up entrepreneur.

- Be brave. If you can't wake up tomorrow and make ten dollars more than you made the day before then you're not cut out for this business. If you can do that in a small scale then you should be able to do it in a big way down the line.

Climbing up the ladder to a longer life?

Take a breather, you're the boss. A sense of control and power may lead higher ups to feel less high-strung



You've got a million things on your mind, but would you be less inclined to worry about them if you were a leader? ISTOCK

Rising through the ranks at work may offer more benefits than a bump in pay or bigger office: new research suggests leaders with more responsibility have lower stress hormone levels than peers with less on their plates.

Lead author Jennifer Lerner, professor of public policy and management at Harvard Kennedy School, said she has been interested in how leaders make decisions and cope with stress.

Harvard researchers partnered with professors from the University of California San Diego and Stanford University, with study results appearing in this week's Early Edition of the Proceedings of the National Academy of Sciences.

Participants were recruited from the Boston area and one of the many executive education programs at Harvard University. Leaders included military officers, government officials, non-profit administrators, and business leaders from the U.S. and around the world.

Study 1 looks at whether those categorized as leaders — those responsible for managing others — and non-leaders had any differences in their reports of anxiety and levels of the stress hormone cortisol.

About 200 leaders and non-leaders provided saliva samples to determine baseline cortisol levels. Anxiety was measured using the 19-item Spielberger Trait Anxiety Inventory, where participants read statements and selected a response to indicate how they generally feel. "I get in a state of tension or turmoil as I think over my recent

concerns and interests" was one example of a statement in the inventory.

Study 1 found that those who identified as leaders had lower cortisol levels and reports of anxiety than non-leaders.

"It wasn't surprising to us, no," Lerner said in an interview from Cambridge, Mass. "But the conventional wisdom is the higher you ascend in leadership responsibility, the more stressed you are."

Study 2 measured anxiety and cortisol among 75 leaders, as well as aspects of leadership that indicate greater rank or power.

High-ranking leaders might be responsible for personally managing a large number of people, might have many subordinates — including those who don't report directly to them — or might be given great authority and autonomy to make decisions regarding subordinates, researchers wrote. To capture different forms of leadership, researchers assessed leadership level by authority, the number of

subordinates and the number of people who directly reported to them.

Researchers found participants in Study 2 who held more powerful positions displayed lower cortisol levels and less anxiety than those who had less powerful positions.

Interestingly, those leaders with fewer subordinates were found to have greater anxiety and higher cortisol levels. Lerner said there are likely multiple reasons why those particular leaders were found to be more stressed. But one of the key findings researchers identify relates back to the sense of control.

"When you have a sense of control, then it reduces stress hormone secretion," she said.

Lerner said one of the most promising aspects of their research is an understanding not only that there's lower stress among higher-ranking leaders, but also the reasons why, allowing them to design interventions that improve people's sense of control.

THE CANADIAN PRESS

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Is your office a bit too close to home?

Temptation to slack off. Make sure your home office space is set up to maximize professional potential

Working from home has its advantages and disadvantages. The short commute, the relaxed dress code and flexible work hours are all appealing benefits. But one of the greatest challenges of working from home is making it seem that you are not. Here are some tips to help turn your home space into a work space:

Your site

Websites are often the first introductory point of a new business, so make sure you have a clean, professional site with your own domain name and workplace email address. Avoid using "free" sites that are bombarded with other company's advertisements; this can be very off putting to potential new clients. If you are



Yes you can roll out of bed to your desk, but is this truly the best idea for your business? iStock

not a skilled graphic designer, consider using a clean website-design template with basic, but necessary information.

Your phone line

It can be difficult to conduct a client call when the kids are picking up the handset to make their own calls and a telemarketer is calling on the other line. To avoid these distractions, consider a dedicated business phone line with a distinctive tone separate from your home phone. Take advantage of your existing high-speed Internet connection and use a voice over

IP phone system. A sleek VoIP device like the Ooma Telo will save you money on the cost of a second line.

Your space

Whenever possible, have a separate room for your home office with its own door. This is especially important if you plan to host regular client meetings.

Make sure the room is located far from busy areas of the house, like the kitchen and family room, to avoid excessive noise and distractions.

NEWS CANADA

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Social media

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Guest speaker **Pierre Belanger** from the Department of Communications in the Faculty of Arts will discuss social media and its effect on communication.

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The tortilla chip crust is crunchier than a regular bread crumb crust and gives the chicken a different texture.

This is my version of a Southwest chicken dish, and has much less fat (16 grams) and fewer calories (425) per serving than the traditional Mexican version.

If you can't find baked tortilla chips use regular, but the number of calories and amount of fat will be higher.

1. Preheat oven to 400 F. Lightly coat baking sheet lined with foil with cooking spray.

2. Guacamole: combine avocado, cilantro, mayonnaise, jalapeño, garlic, lemon juice, salt and pepper in bowl. Cover and set aside.

3. Working with one at a time, place chicken breast between 2 sheets of waxed paper and pound to even 1/2-inch thickness. Set aside. Whisk egg and milk and pour into shallow dish. Set aside.

Ingredients

Guacamole

- 1/2 cup mashed ripe avocado
- 2 tbsp chopped cilantro
- 1 tbsp light mayonnaise
- 1 tsp finely chopped jalapeño pepper
- 1/2 tsp finely chopped garlic
- 2 tsp lemon or lime juice
- pinch of salt and pepper

Chicken

- 1 1/2 lb skinless boneless chicken breasts
- 1 egg
- 2 tbsp low-fat milk
- 2 1/2 cups baked tortilla chips
- 1/3 cup seasoned dry bread crumbs
- 1/4 tsp chili powder
- 2 tsp vegetable oil

To Serve

- 1/3 cup medium salsa
- 1/4 cup canned black beans, drained and rinsed
- 1/2 cup shredded aged white cheddar cheese

Tortilla Chip-Crusted Chicken with Guacamole and Salsa



This recipe serves six. RYAN SZULC, ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

5. Lightly coat nonstick skillet with cooking spray, add oil and sauté chicken breasts 3 mins. per side or until browned. Place chicken on prepared baking sheet.

6. Divide salsa over chicken. Top with beans and cheese. Bake 10 mins. or until chicken is just cooked. Serve with guacamole. **ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)**

Healthy eating

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Sometimes, with the amount of things in your schedule, it's impossible to make dinner without a little bit of help. Be mindful, however, from where the help is coming.

Hamburger Helper Cheese Shells (2 cups)

926 calories/41 g fat

People traditionally make Hamburger Helper with medium ground beef and higher fat milk, increasing calorie and fat content.



Equivalent

With a normal serving size of two cups rather than the minimal size stated on the package, the Hamburger Helper Cheese Shells are equal in fat to three orders of chili nachos from Wendy's.



Tuna Helper Au Gratin (2 cups)

500 calories/13 g fat

Making this Tuna Helper with margarine, skim milk and tuna packed in water rather than oil reduces fat and calories.



Fall calls for Chicken and Potato Casseroles

The combination of a chill in the air and the chaos of kids setting back into their school routine means many families are looking for easy, warming one-pot meals that come together quickly and with little mess or fuss.

Keep things simple with this Chicken and Potato Casserole by cutting down on mess and time, by mixing it right in the dish it is baked in.

Ingredients

- 1/2 cup light mayonnaise
- 10 3/4-oz can condensed cream-of-chicken soup
- 1/2 cup milk
- 1/4 tsp ground black pepper
- 1/2 tsp salt
- 1/2 tsp dried thyme
- 1/2 tsp garlic powder
- 20-oz package hash brown potatoes
- 1 medium zucchini, diced
- 1 cup green beans, cut into pieces
- 1/2 cup grated carrot
- Meat from a 2-lb rotisserie chicken, cubed, skin and bones discarded
- 3/4 cup shredded cheddar cheese
- 1/2 cup panko breadcrumbs




This recipe serves eight. MATTHEW MEAD/ THE ASSOCIATED PRESS

The recipe also calls for the ultimate workhorse of the weeknight kitchen — the rotisserie chicken. Add a few veggies and a creamy sauce made from pantry staples, and dinner's on the table in no time.

dish, stir together the mayonnaise, soup, milk, pepper, salt, thyme and garlic powder. Stir in the potatoes, zucchini, green beans, carrots and chicken. Sprinkle with the cheddar cheese and the bread crumbs.

1. Heat the oven to 400 F.
2. In a 9-by-13-inch baking

3. Bake for 40 minutes, or until bubbling and the vegetables are tender. **THE ASSOCIATED PRESS**




NATHAN DETROIT'S

Sandwich Pad

How does Nathans make mushroom soup?

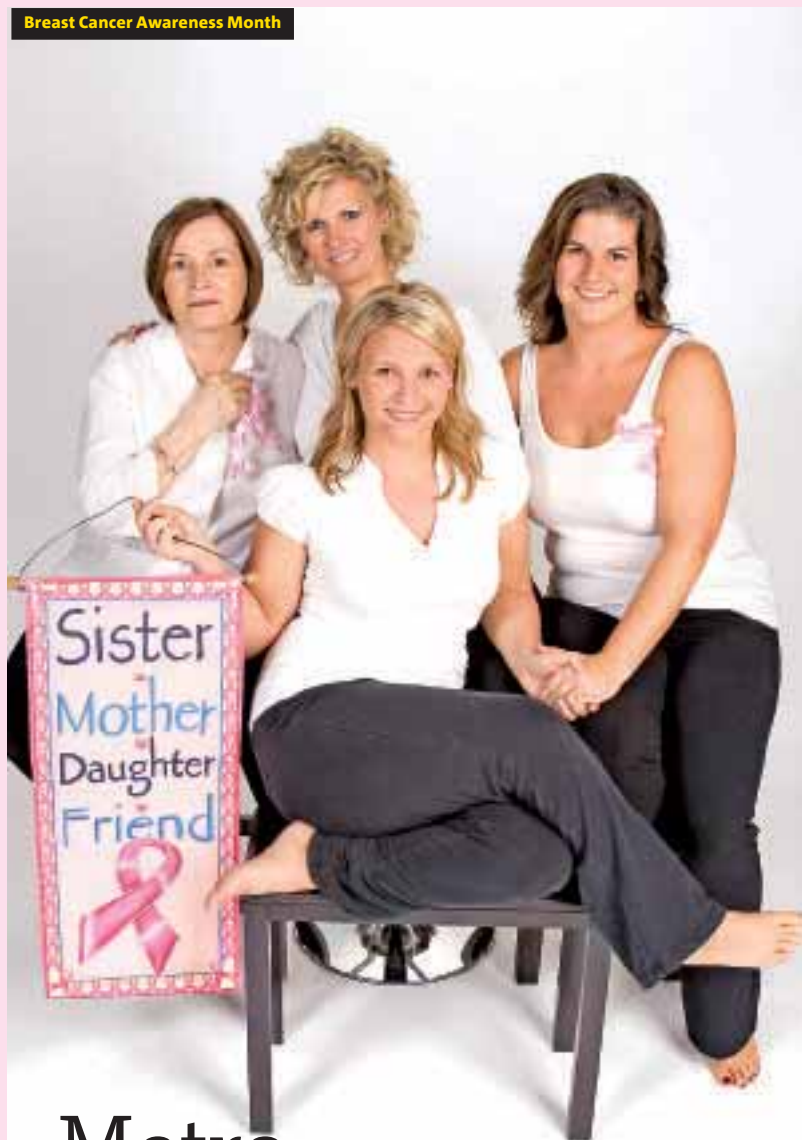
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Breast Cancer Awareness Month



Metro
thinks *pink*

'Co-survivors' play a lead role in recovery

Lean on me. The story of how a woman's 'tribe' have been there to support her

KATHY
ULLYOTT
Special to Metro Canada

For every woman diagnosed with breast cancer (and that will be 22,700 Canadian women this year alone, according to the Canadian Cancer Society), dozens more individuals are devastated along with her.

But that network of "co-survivors" — parents, partners, children, siblings, friends, co-workers — also plays a lead role in her recovery. From helping her make treatment decisions to holding her hand through chemotherapy to babysitting her kids for an hour, a cancer patient's "tribe" helps her get through it and get well.

Meet 38-year-old Kate Kerr, a marketing executive and mother of two small boys. After growing up in



Kate Kerr with son's Samuel, left, and Gabriel. CONTRIBUTED

the UK, where her family moved when she was a small child, Kate moved back to Canada 10 years ago and in 2006, married her partner Don.

Eleven months ago, she was diagnosed with a highly aggressive form of breast cancer. In the long almost-year since then, she has had a mastectomy, chemotherapy, a second surgery to remove 13 lymph nodes and radiation.

"It's only now sinking in what my friends, work colleagues, have done for me," says Kate. "If there were a book about the top 10 things to do for someone going through cancer, my family wrote that book."

On the next pages, we introduce you to Kate's "tribe" and how they have been there to support her, along with 10 pieces of advice on how you can help a friend with cancer.

Control your stress

Being mindful of health

When it comes to cancer, stress can be a cause and effect; reducing it is a big part of both the prevention and the treatment of illness.

Mindfulness meditation, the practice of clearing the mind through deep breathing exercises, is becoming an increasingly widespread part of healing and coping with cancer.

Dr. Miroslava Lhotsky, one of the facilitators of Mindfulness Meditation Toronto,

is a physician who spent years delivering bad news to women whose mammograms had revealed breast cancer. "You can imagine the kind of adrenaline that flows in their body and the fear they have," she says. Now, she helps patients focus on the present moment and control their stress and anxiety through meditation. "It's a skill that you have to develop."

Lhotsky started leading mindfulness meditation sessions nearly a decade ago and has seen the practice grow in popularity. "(It) is one of those things that can change your

brain in a very positive way," she says of the exercise. "It can control the pain, it can control the stress, it can improve your immune system."

It's also scientifically proven to work: studies show that with deep breathing, the movement of the diaphragm stimulates the parasympathetic system, which helps the body relax.

This relaxation is a key to good health, says Lhotsky. "Your lifestyle is so very important. This is just another way of getting into a good lifestyle."

BRIGITTE NOEL

A port in the storm is coming...



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Exemplary women

Hope, optimism and courage

Look Good Feel Better celebrated hope, optimism and courage in the face of cancer last week by honouring 20 exemplary women from across the country. LGFB says each of the honourees, in her own unique way, represents the Look Good Feel Better spirit and has helped the group achieve its mission of ensuring that no woman has to face cancer alone.

The honourees include:

Dr. Alexandra Ginty, MD, FacingCancer.ca blogger
Beverly Thomson, co-host Canada AM
Bif Naked, Canadian singer and songwriter
Catherine Brunelle, FacingCancer.ca blogger
Cynthia Mulligan, reporter and anchor, CityNews Toronto
Emily Duff, LGFB teen testimonial
Heather Bunting, LGFB workshop team leader
Dr. Jennifer Blake, MD, MSc, FRCSC Sunnybrook Health Sciences Centre
Joan Michetti, 20 Year LGFB volunteer educator and team leader
Johanne Robitaille Manouvrier, FacingCancer.ca blogger and author
Katie Evans, FacingCancer.ca blogger
Leslee Thompson, President & CEO, Kingston General Hospital
Libby Znaimer, VP News and TV host, Zoomer Media
Linda Kilburn, LGFB cover model and testimonial
Linda Lewis, editor-in-chief of MORE Magazine
Lisa Ray, Canadian actress
Dr. Margaret Fitch, PhD, MScN, Sunnybrook Health Sciences Centre
Dr. Marilyn Hundleby, PhD, R. Psych, Clinical Psychologist
Sharon Coburn, LGFB testimonial
Terri Wingham, FacingCancer.ca blogger

Exclusively online

Visit metronews.ca for more Metro Thinks Pink coverage, including beauty tips and how-to information.



10 things you can do or say to help a friend with a cancer

Tip No. 1

Just be there

Phone or email regularly. Alex, who emails Kate daily, says, "Life went on for me, all the normal day to day trivia, but Katie's life changed direction completely. The least I could do was put aside some of my day for her, every day."

Tip No. 2

Stay connected for the whole journey

You tend to get support through surgeries and chemo, says Kate, but knowing people are thinking about you through the end of the race "gives you the strength to continue."

Tip No. 3

Think practically

Making meals, babysitting and running errands may sound trite, but relieving your friend of mundane but unavoidable responsibilities can be an incredible boost and allow her to focus on the task of recovery.

Tip No. 4

Get support yourself from other 'co-survivors'

At facingcancer.ca, cancer patients and their caregiving circles share experiences, advice, insight and strength.



ISTOCK IMAGES

The centre of the



Alexandra Pittortou, Kate's best friend

Alex has been Kate's best friend since they were six years old, growing up together in the UK.

When Kate was diagnosed, Alex dropped everything and flew to Toronto, arriving just before her mastectomy last November. When she returned home, she shaved her hair off – even before Kate had lost hers to chemo. "As children, we always had the same dolls, clothes and haircuts," explains Alex, "So I thought, why should now be any different?"

Because she was too far away to offer practical help, "I decided the best thing to do was to let her know I was available for her to speak 24/7, and email daily just to be a sounding board if she needed it. Actually, my emails turned into being daily drivell of my life!"



Don Kerr, Kate's partner

As Kate's partner, Don was shocked when a doctor told him, early on, that divorce rates soar for couples dealing with breast cancer. "A few months in, I understood." Cancer can expose all a relationship's vulnerabilities, he says; as the partner of someone with cancer, "Part of your reality is to be the outlet for all the fear, anger and frustration. You can feel like you're going 15 rounds with (boxer) George Chuvalo."

A writer and branding specialist with his own marketing company, Grace Hanna Brandworks, Don began a blog, "Riding Shotgun," on a cancer support web site, facingcancer.ca. "How do you give support and keep sane?" he wrote on Aug. 17. "From the shotgun seat you don't really have an option. At least on the supporting issue." The best advice he got came from a fellow blogger on the site. "She said, a man's first instinct is to say, 'I can fix this.' But you can't; you can't fix this. So you're left to do... what?... The answer is to just be there. You can listen and hear, and let her know that you will be there for anything."

Wendy Sanders, Kate's mother

As it happened, Wendy's parents had moved from England and next door to Kate and Don in Oakville the year before her diagnosis. As well as staying by Kate's side in "my darkest hours," and nursing her through long nights of vomiting (anti-nausea drugs didn't work for Kate), Wendy took care of the Kerrs' home and meals and looked after their sons, Gabriel, 4 and Samuel, 2, while Don worked.

Wendy's parents' practical help extended to helping Kate research the type of cancer she had, possible treatments and medical experts. Spiritually and emotionally, says Wendy, "I needed to give her constant reassurance, hope and belief that we would work through this challenge together, that she wasn't alone."



circle



John Nishida, Kate's boss

"Kate isn't just a great and dedicated wife and mother, but she's also a stellar employee and a stellar professional," says John Nishida, Kate's boss and president of Pigeon Branding & Design, where Kate is vice-president of client services and strategy. Because he understood how important her career is to her, "I wanted her to continue to feel connected to the business, without worrying or having her stress about work at all."

John asked Kate if she would like him to email her a weekly update on the business; she loved the idea. "It was really to help her stay connected and let her know she didn't have anything to worry about. ... I think the role of any employer should be to give the person some peace of mind over things that can be a distraction."



Kate Kerr

"I was just a regular kind of person before – I pretty much lived my life on autopilot, which I now realize is not the way to live," says Kate. With her diagnosis in late October, 2011, "My life, my world, changed. For. Ever."

Booked for an immediate mastectomy, Kate came across a book in Toronto's Mount Sinai Hospital bookstore: *Anticancer: A New Way of Life* by David Servan-Schreiber (Viking, 2009). In it, Dr. Servan-Schreiber recommended three essential weapons against cancer: fitness, good nutrition and stress reduction. Kate seized all three, promptly buying a treadmill, adopting an anti-cancer diet and learning to meditate. Today she runs 30 minutes a day and is participating in a three-year program of mindful meditation.

"I discovered and am learning how to really live a full life, to make every moment count, to try to be a bigger, better person," she says. "Having gone through this breast cancer journey, my eyes are now opened, my ears are listening, and I am seeing life so, so differently. But it started with the support we were given right from the beginning: Overwhelming support and love of so many people that I could never have predicted."

**ALL STORIES AND TIPS
COMPILED BY KATHY ULLYOTT**

Andy Sanders, Kate's brother

Kate describes her older brother Andy as her "financial protector." A certified financial planner, Andy guided his sister through the financial challenges of cancer treatment and taking time off work. Much more than that, though, he was a steady rudder. "When I called Andy to break the news to him, his first words were, 'Katie, we're going to get through this.' That was huge for me because up till that point I was pretty sure that it was game over. Those were exactly the right words at the right time."

"My goal was to make sure Kate felt completely looked after, to give her some direction, focus, reassurance and hope that there are better days ahead," says Andy, whose approach is one of humour and compassion. "Just because somebody has cancer doesn't mean they've lost their sense of humour."



Exclusively online

- Look Good Feel Better is Canada's only cancer charity dedicated to empowering women to manage the effects that cancer and its treatment can have on their appearance. At the heart of the program is the free, two-hour hands-on workshop that comes complete with a complimentary cosmetic and personal care kit. Workshops are offered at more than 116 hospitals and cancer care facilities across Canada. lgfb.ca.
- Launched in 2010, FacingCancer.ca is a companion program to Look Good Feel Better, offering an online community where women with cancer and those who support them can share, confide and connect with each other to help manage the social and emotional effects of living with cancer. FacingCancer.ca



'Things I Wish I'd Known'

Resources for caregivers

The National Cancer Institute estimates that one in two men and one in three women will get cancer in their lifetimes. Along with these statistics is the reality that many of them will need a caregiver and advocate. Deborah Cornwall, a cancer survivor, wrote a book with those caregivers in mind. **Things I Wish I'd Known: Cancer Caregivers Speak Out**, provides caregivers with resources that cover everything from advocating for a cancer patient to how to take time out for yourself.

Muse

Post-mastectomy bra collection

The La Vie en Rose has created Muse, a new collection of post-mastectomy bras to offer women a chance to regain their confidence by feeling beautiful and looking great. The project started when one of its clients who, after undergoing a double mastectomy, approached the company about designing an empowering and desirable lingerie line for post-mastectomy women. lavieenrose.com



Tip No. 5

Admit you can't possibly understand what she's going through

But ask your friend to help you understand better, and to be blunt about what she needs.



Tip No. 6

Focus on the present

"It can be upsetting to try to look too far ahead into the unknown," says Andy Sanders. "But looking to the past invites comparisons that can be overwhelming. Celebrate all the victories you can in the present."

Tip No. 7

Let your friend talk, if she wants to

But as importantly, not talk if she doesn't want to.

Tip No. 8

Don't judge her treatment choices

Or offer opinions (unless asked).

Tip No. 9

Grow a thick skin

Particularly if your relationship is very close — that of a parent or partner — you may be the only person on whom your loved one can vent her terror or fury.

"You need broad shoulders, and you need to just suck it up," says Don.

Tip No. 10

Forgive yourself your mistakes.

"No sentient, feeling human can sustain a level of angelic care at all times," wrote Don on facingcancer.ca.

Now that we know the genetic codes for breast cancer, what does it mean?

Research breakthrough. Armed with more knowledge about these cancers, scientists can better target treatments

MICHELLE CASTILLO

Metro World News

It was news that hit the front pages worldwide: A new study published in September 2012 in *Nature* has mapped out the genetic code of the various types of breast cancer and may give us insight in how to treat the disease more effectively.

But how to interpret all the medical mumbo jumbo?

What does it mean for you? Here's what we know:

What the scientists did

In order to learn more about the different types of breast cancer, the scientists took a closer look at their genetic



Now that researchers have mapped the genetic codes of the different types of breast cancer, they'll be able to target therapies more effectively. ISTOCK

code, including the RNA levels, the specific gene sequencing, how the genes added certain methyl groups and which proteins they created among other things.

They compared the gen-

omes of the breast cancer to the genomes in the rest of their body.

"The question has always been, 'What's the underlying mutiology? What are the driving mutations that create the

different breast cancer subtypes?'" Ellis explained.

The researchers found about 40 differences between the different types of cancer.

One interesting finding was triple negative/basal-like cancers actually acted more like certain aggressive forms of ovarian cancer.

What the study showed us

Ellis said that while doctors knew that there were different subtypes of cancer, they didn't exactly know how to treat each specific type. Everyone who had breast cancer would get similar blanket treatments.

Now, after these results, Ellis said researchers can focus their efforts on three therapeutic categories:

- Are there any tweaks to standard chemotherapy regimens that need to be made?
- Are there any targeted drugs that can be repurposed

to effectively treat this type of breast cancer?

- What are the priorities for new drug development?

"By finding out the driving etiology (or origin) underlying these subtypes of breast cancer we can now create new therapeutic hypotheses from this data," he explained.

What it means for the future

When it comes to triple negative/basal-like cancers, Ellis explained scientists can now see if drugs that treat ovarian cancer may be more effective than current protocols. But, there are some ethical dilemmas on whether doctors should switch to new treatments.

"Should we use ovarian-style chemotherapy rather than the three drug treatment that has developed over 40 years of randomized trials?" he pointed out.

What puts us at risk?

Dr. Matt Ellis, a professor with the Department of Medicine at Washington University in St. Louis who was involved with the *Nature* study, told Metro World News there are several factors that increase a person's risk to getting breast cancer. "Breast cancer is a disease of industrialization," he explained. "It's the consequences of women having fewer children and having children at later ages." Ellis said that we've found from literature from centuries ago that showed that Italian nuns — who were better fed than the rest of the Italian women population, sedentary and did not bear children — were more likely to have breast

cancer. These Italian nuns are similar to the lifestyles that some modern women lead today. Obesity is also a factor that increases breast cancer risk, as well as the earlier onset of the menstrual cycle. Girls who start to menstruate at 9 instead of at age 14 or 15 like their mothers and grandmothers are at greater risk. The more cycles a woman has and the fewer children she has can increase her chance of getting breast cancer. Past family history of breast cancer is also another factor. Finally, women who use post-hormonal treatments to extend their menstrual cycles beyond their natural time also puts them at danger.

Another example is researchers found that all women with luminal A type cancers have a mutation in phosphoinositide 3-kinase, a cell receptor.

There are already drugs targeted to treat this type of mutation, so researchers can see whether current medication may also be able to help these cancer patients.

What we knew before

We've known since the late 1990s that breast cancer is four distinct types of cancer.

- **Luminal A.** A slow growing cancer that is positive to progesterone and estrogen receptors — meaning it is spurred on by these hormones — and negative for the human epidermal growth factor receptor 2 (HER2) protein, which is known to encourage the growth of cancer cells. It's known to have a low risk of recurrence.
- **Luminal B.** A fast growing cancer positive to both progesterone and estrogen receptors and HER2 negative. It's also known to have a low risk of recurrence.
- **HER2 type.** These breast cancers contain many types of gene mutations due to the HER2 protein and is a higher risk breast cancer than Luminal A and Luminal B.
- **Triple negative/basal-like:** A fast growing cancer that is negative to both estrogen and progesterone receptors and HER2 proteins. It's a high-risk version of breast cancer.

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ONLY 10 MINS FROM THE AIRPORT

GET INTO THE FLOW WITH FLUID ISOMETRICS

When it comes to treating any variety of ailments, injuries and conditions, a Winnipeg-based practitioner believes that true healing comes from getting back to basics — leading to the establishment and development of a treatment modality known as Fluid Isometrics.

As we get older, due to fear, stress and pain, we stop breathing diaphragmatically. This causes our body's tissue, called the fascia, to compress under the force of gravity, causing blocks like scar tissue.

"Our techniques help melt through that compressed fascia so that blood can get to cells previously blocked, and by teaching proper diaphragmatic-breathing techniques we can increase oxygen in the blood up to 600 per cent," says Deanna Hansen, founder and director of Winnipeg-based Fluid Isometrics.

Hansen is an athletic therapist and her team is comprised of massage therapists trained in the Hansen-developed Fluid Isometrics program. The treatments combine her unique deep tissue form of bodywork to help remove blockages, along with training the patient to implement proper breathing and posture. This has an added benefit — it extends the effectiveness of the treatment beyond the clinical setting.

"We first do an assessment, which is accompanied by a treatment," she says. "We always focus on the core."

Whether you have a knee injury or migraines, creating an opportunity to breathe diaphragmatically is the most efficient way to help the body heal, Hansen says.

"If that patient does the work, they start healing their body on their own time."

Hansen adds that Fluid Isometrics is an excellent complement to any treatment that a patient is currently undertaking — whether they be based in modern medicine or traditional therapies.

"It's a wonderful complement to anything," she says. "You can take the most wonderful medicines, but they won't be as effective if they can't reach the cells because they're blocked."



CONTRIBUTED

Hansen's clients present any number of conditions, including acute injuries, digestive issues, weight problems, chronic pain, etc.

"The cool thing is that if you come in with migraines, it's the same treatment you would receive if you were coming in for a natural facelift," Hansen says, adding that the principles behind the therapy allow for a more holistic healing. "Everything comes down to cells getting filled with blood. We take those blocks away and bring proper flow back."

Hansen says she is pleased with how her practice is expanding. "I'm where I need to be," she says. "It's an entirely new thing. I recognize that I do have something that is worthwhile and every year I've made huge steps forward."

BE YOUR OWN HEALTH ADVOCATE

Deanna Hansen developed Fluid Isometrics more than a decade ago based upon her own experiences.

"I had a successful (athletic therapist) practice, but my personal situation was not as good," she says. "I had a lot of anxiety and couldn't get rid of the 50 extra pounds of weight I was carrying. This is what sparked the development of Fluid Isometrics."

"For me, it was an intuitive thing — it's not a logical thing, it's a feeling."

Since then she has refined her technique, taught it to others in her practice, and has even developed a home-based

program that people can follow.

"The home program for the patient is very affordable, very accessible," she says, adding that although it only launched in August, she is already receiving great feedback.

"We want to teach people to be their own health advocate. Pain, age, disease — it all comes down to oxygen in the blood. You can (do the program) for five minutes and you can make a difference — it's that simple."

For more on Fluid Isometrics, visit fluidisometrics.com/, call 204-452-1175, or email info@fluidisometrics.com.

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Europe's Sergio Garcia, left, Luke Donald and Justin Rose celebrate after winning the Ryder Cup on Sunday in Medinah, Ill. CHRIS CARLSON/THE ASSOCIATED PRESS

Europeans clinch cup with heroic final day

Golf. Poulter spurs record-tying Ryder Cup comeback in Illinois

Erasing some of their worst Ryder Cup memories, the Europeans wore the image of Seve Ballesteros on their sleeves and played their hearts out Sunday at Medinah to match the greatest comeback in history and head home with that precious gold trophy.

Europe got its payback for Brookline. Martin Kaymer gave German golf redemption for Kiawah Island.

Jose Maria Olazabal squeezed his eyes and fought back tears when Kaymer holed a six-foot par putt — about the same length that countryman Bernhard Langer missed at Kiawah in 1991 — to beat Steve

Sunday surge

The Americans also rallied from a four-point deficit to win in 1999 at Brookline. This was different, though.

- The Americans won big in those early matches. At

Medinah, so many of them could have gone either way.

- It was so close, so tense, that either side could have won the Ryder Cup down to the very end.

Stricker and give Europe the point it needed to keep the cup.

Tiger Woods missed a 3 1/2-foot par putt on the 18th hole and conceded a par to Francesco Molinari that halved their match, that extra half-point making it a clear-cut win for Europe, 14 1/2 to 13 1/2.

Woods and Stricker, the anchors in the lineup, didn't win a single match at Medinah.

"This one is for all of Europe," Olazabal said. "Seve will

always be present with this team. He was a big factor for this event for the European side."

Ballesteros died in May 2011 from complications associated with a cancerous brain tumour, and the European squad paid tribute to the Spanish legend all week.

Ian Poulter was the first to embrace Olazabal, which was only fitting.

It was Poulter who gave

Europe hope Saturday evening when he made five straight birdies to turn a loss into a win and swing momentum in Europe's favour. Poulter was up to his tricks again on the final day, winning the last two holes in his match against U.S. Open champion Webb Simpson.

And he had plenty of help. Europe's top five players in the lineup all won, including Rory McIlroy, who came up with key birdies to hand Keegan Bradley his first loss of the week.

The biggest match might have belonged to Justin Rose. He was on the verge of losing to Phil Mickelson when Rose holed a 12-foot par putt to halve the 16th, made a 35-foot birdie putt from the back of the 17th green to win the hole, and then closed out Mickelson with a 12-foot birdie on the last hole.

THE ASSOCIATED PRESS

NHL

Discussions focus on drug policy

The NHL and the players' association met for a third straight day Sunday, and again avoided the troublesome money issues that are fuelling the ongoing lockout.

The NHL drug policy, which was a key component of talks Friday when the sides got together for the first time since the lockout was imposed Sept. 16, was the focus of talks again on Sunday.

Because of difficulty in finding common ground on how to split up money, the league and union concentrated all weekend on secondary issues that will be included in a new agreement. THE ASSOCIATED PRESS

MLB

AL Central title in sight for Tigers

The Detroit Tigers finally have a little breathing room in what has been an airtight AL Central title race.

Miguel Cabrera has no such luxury as he tries to win the Triple Crown.

Prince Fielder hit a two-run homer in the eighth to lift Detroit to a 2-1 win over the Minnesota Twins on Sunday, moving the Tigers to a season-high three-game lead over the White Sox.

Joe Mauer went 3-for-4 to raise his average to .323, putting him right on the heels of Tigers slugger Miguel Cabrera (.325) for the AL batting crown.

THE ASSOCIATED PRESS



Detroit's Prince Fielder rounds the bases after hitting an eighth-inning home run on Sunday.

THE ASSOCIATED PRESS

Mobile sports



Cricket

To most outside observers, the Boston Celtics' aging core of talent appears to be on its last legs. But don't tell Courtney Lee that. The young guard says he came to Boston from Houston in search of a championship.

Blown call doesn't sink Packers vs. Saints



Packers receiver James Jones makes a first-quarter touchdown catch on Sunday in Green Bay, Wis. JEFF GROSS/GETTY IMAGES

As if bearing the brunt of the call that ultimately led to the end of the NFL's replacement officials wasn't enough, Aaron Rodgers and the Green Bay Packers nearly had a big comeback win undone by a blunder from the regular refs.

Rodgers threw a go-ahead touchdown to Jordy Nelson in the fourth quarter, and the Packers beat the New Orleans Saints 28-27 on Sunday.

With Lambeau Field fans howling about what appeared to be yet another bad call, Garrett Hartley missed a field goal with under three minutes left that cost the Saints the lead.

By the numbers

47

Saints QB Drew Brees has thrown at least one TD in 47 straight games, tying the NFL's all-time mark set by Johnny Unitas.

"We've probably had to deal with more adversity than most of the teams I've played with, especially early on we've had some interesting games already," Rodgers said.

With the win, the Packers were able to put Monday night's replacement official-driven loss in Seattle behind them.

But with the regular refs back this week, the Packers were nearly dealt a crushing blow on a blown call. After Nelson's TD, Darren Sproles appeared to fumble the ensuing kickoff but officials ruled that he was down by contact. Replays showed that the ball clearly came out.

Brees then led the Saints into field goal range, and Hartley hit a 43-yard kick, but the Saints were called for holding, forcing Hartley to line up a 53-yarder. The Packers were called then for encroachment, leaving Hartley to try a 48-yarder that he missed.

THE ASSOCIATED PRESS

Horoscopes

Aries

March 21 - April 20

Trust your instincts and don't let other people's doubts put you off doing what you know to be right. The more people say you are heading for a fall, the more likely it is you are on the right track.

Taurus

April 21 - May 21

You are who you are and that's the end of it. But it is possible to take who you are and make something of it that earns you respect. Make respecting yourself your main aim for the coming week.

Gemini

May 22 - June 21

You will find yourself in a situation where you have to defend yourself against allegations that you have been less than honest. Is it true? If so, own up to it and defuse the hostility quickly.

Cancer

June 22 - July 23

Don't give into the urge to change things around for the sake of it today because you will only have to change them back again later. You know the old saying: If it's not broken then why fix it?

Leo

July 24 - Aug. 23

You may not care what other people think about you, but the planets warn you need to see yourself from their perspective. If you don't, you may make a mistake that leaves you considerably less well off.

Virgo

Aug. 24 - Sept. 23

You have waited long enough as it is. Now, you must get started on a project that could and should transform your existence. Relationships are about to move into a more positive phase. That should help considerably.

Libra

Sept. 24 - Oct. 23

It may seem as if others are dragging their feet and making life difficult for you, and maybe they are. But you are also making life difficult for yourself. Think positive and don't let fear get a grip on you.

Scorpio

Oct. 24 - Nov. 22

Be careful what you say today because if you say the wrong thing, it could prove costly — financially and professionally. The wise course of action is to say nothing at all, at least for the time being.

Sagittarius

Nov. 23 - Dec. 21

You will come in for criticism today and although it may not be deserved, you can still learn from it. How do you do that? By learning to stay away from people who are negative.

Capricorn

Dec. 22 - Jan. 20

You must be honest in everything you do over the next 24 hours. If you cut corners or bend rules, the forces of authority will give you a hard time. You can still be Number One — somehow you always are.

Aquarius

Jan. 21 - Feb. 19

The planets warn you could be a bit too outspoken for your own good today. On the work front, in particular, you must watch the tendency to snap at colleagues when they are wrong. It won't be appreciated.

Pisces

Feb. 20 - March 20

When Venus changes signs in midweek, you will find that your attitude towards certain people is less confrontational. You can and you must protect your interests but you don't have to turn it into a war.

SALLY BROMPTON

Start With a Buffalo Springfield Song

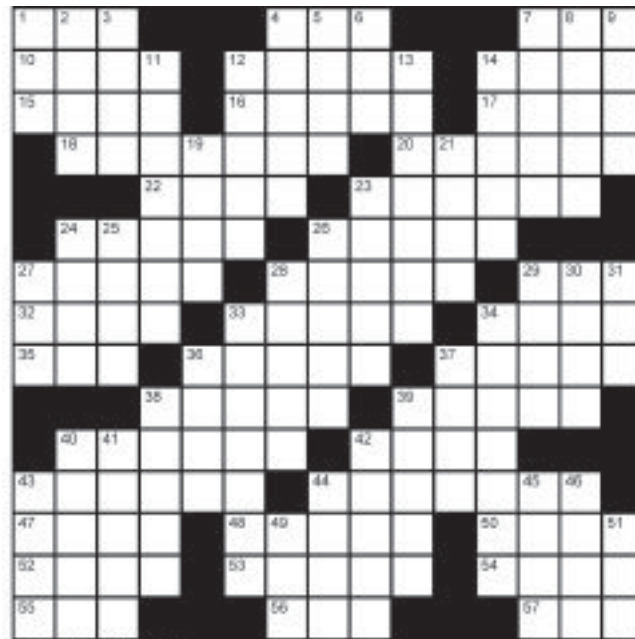
Across

1. "For What ___ Worth"
4. School fund-raising grp.
7. Apply gingerly, as make-up (with "on")
10. Neighbor of Cambodia
12. Fake name
14. Contend successfully
15. Former: poetic
16. Halifax-born singer McLachlan
17. Early poker pot maker
18. Fries, cheese, and gravy dish
20. Supernatural
22. Foreshadow
23. Like bad cell reception
24. Whole grains contain this
26. Bay of Naples island on which the Blue Grotto is located
27. Nonsensical
28. 1979 Ridley Scott thriller starring Sigourney Weaver
29. Cat extremity
32. Dickens' A ___ of Two Cities
33. Devote, as time
34. Climber's cord
35. Certain aliens
36. Diamond measure
37. Disinterested
38. Piglike nocturnal ungulate of the tropics
39. Links up with a space station
40. Attack vigorously
42. Bathroom fixture
43. Lighter fluid
44. Early French Canadian
47. Open a bit, as a door
48. Involving ships

50. Southernmost Great Lake
52. Added amounts
53. Mixes, in a way
54. Warbled
55. Sixth sense
56. Donkey
57. Beseech

Down

1. Island: Fr.
2. Waterproof canvas, for short
3. ___: "Comme si, comme ça"
4. Carpentry smoother
5. Michelin product
6. Small battery
7. Breakfast pastry
8. Fittingly
9. Red as a ___
11. Five o'clock shadow
12. Stage whisper
13. Patronized The Bay or Canadian Tire
14. Desert plants
19. Conservative Party member
21. Food on a cob
23. Christopher, Francis or, Augustine
24. Small Italian car being promoted in North America of late
25. Ailments
26. Unblemished
27. Sault ___ Marie
28. Canada's Earth Day is on the 22nd of this month
29. "The other white meat"
30. Planet of the ___
31. Married
33. Homo ___: modern



humans
34. Alberta-BC border feature
36. James ___: TV's *Las Vegas* star
37. "My name is ___, James ..."
38. Bygone Russian despots
39. Uses an old phone
40. Served in its natural gravy, as roast beef

(2 wds.)
41. Philatelist's acquisition
42. Battle wounds
43. Air Force installation
44. Hertz rival
45. Resident of Morocco or Lebanon
46. "A stitch in time saves ___"
49. ___ loss for words (2 wds.)
51. Hen's product

Friday's Crossword



What's online

See today's answers at metronews.ca/answers.

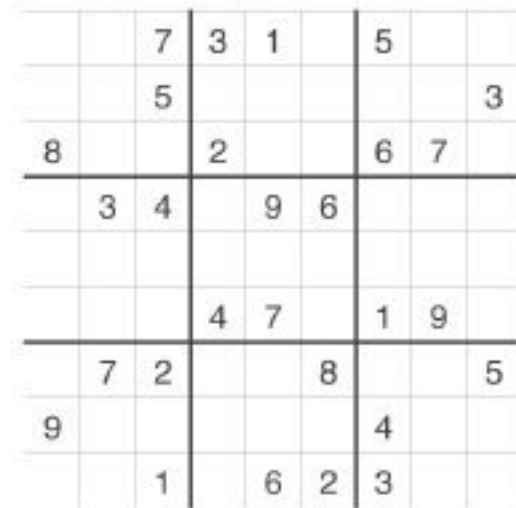


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's Sudoku



Weather

TODAY

TUESDAY

WEDNESDAY



MAX: 18°
MIN: 8°



MAX: 16°
MIN: 3°



MAX: 7°
MIN: 4°



JENNA KHAN
WEATHER SPECIALIST

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